COMPILATION OF CHRISTIAN CUSTOMS BY FR. VACAS
APPENDIX TO “THE EDUCATOR WITH GRACE” BY SAINT MANUEL GONZÁLEZ

N.T This was compiled in the 19th and 20th centuries in Spain, so some things might be untranslatable or sound very strange.

It has not seemed inappropriate to me to publish here, if only as an appendix and as an aid to the educator of grace, the COMPILATION OF CHRISTIAN CUSTOMS, which my unforgettable friend Fr. Vacas (may he rest in peace), Spiritual Director of my Seminary in Seville, compiled. Are they not formulas inspired and full of the Grace of God and the heritage of Christian generations? A people that forgets or despises its customs, and moreover kneaded with tears, sweat and even the blood of its ancestors, deserves to be and to be called unfortunate in every sense.

1. Upon entering homes, say "Praised be God" or "Hail Mary Most Pure" and respond "May it be praised forever" or "Conceived without sin."
2. When saying farewell or greeting in passing, say "Go with God" and respond "Go with God," and not "Bye, see you later, until then," etc.
3. When appropriate, do not say only "Good morning" or "Good evening," but rather "May God give you good morning," etc. And it would be even better to say "May God grant us holy and good mornings," etc., which signifies that one wishes not only that they fare well in body but also in soul.
4. If one must say "Until afternoon" or "Until evening," add "God willing."
5. Upon receiving any gift or favor, show our gratitude by saying "May God reward you" and not simply "Thank you very much."
6. Let the poor ask for alms by saying "A blessed alms for the love of God" and kiss the bread or whatever is given to them, adding "May God reward you." Likewise, the one giving alms should kiss it first; and if he cannot give it, say to the poor person "Brother, forgive me for the love of God."
7. If we must mention our deceased, say "My father who is in glory" or "My mother may she rest in holy glory."
8. Have holy water in the home and use it when going to bed and rising.
9. Give the names of saints to properties of use or recreation.
10. Let parents bless their children on many occasions, either by word or by making the sign of the holy cross over them, particularly when they are about to marry, undertake a long journey, etc.
11. Let pregnant women confess in the ninth month, and after giving birth, do not leave the house without first having attended Mass.
12. The sick who have suffered a long illness should go to Church and, if they can, hear Holy Mass the first time they go out into the street.

13. Let all enmity cease when the Holy Viaticum enters the house of any of those in conflict.
14. Always wear some sign of being Christian, such as a rosary, scapular, medal, etc.
15. Have pictures with religious images or subjects, not only in the bedroom but also in the office, reception room, etc.
16. Pray when the bells ring for the Angelus, Souls, Holy Viaticum, Agony, Dead, Fire, etc.
17. Go praying at funerals, and enter the church during the Office and Mass for the dead.
18. Visit the Cemetery, pray there for the deceased, and if one witnesses the burial of a corpse, throw a handful of earth into the grave, kissing it first.
19. In rural estates, teach Christian Doctrine to children, and pray the Holy Rosary at night.
20. Bless the table before eating, and give thanks afterward, praying at least an "Our Father."
21. Do not play musical instruments for mere pleasure, nor sing profane songs during the holy season of Lent.
22. Attend the Holy Rosary recited in the parish, or recite it at home with the family, and endeavor to attend the Dawn Rosary.
23. Confess all the sick upon entering hospitals, and in homes after three days of fever.
24. Ordinarily, do not evict a tenant except for non-payment or for improper conduct.
25. Say "Jesus" in dangers, such as when seeing lightning, sneezing, etc.
26. Ring or make a special signal with the parish bell on the night before a day of rest.
27. Place a cross at the beginning of all writing, such as letters, notes, requests, etc.
28. Let the midwife or mother make the sign of the holy cross when swaddling the child for the first time, and the baker when closing the oven.
29. Make the sign of the holy cross when leaving home, beginning work, undertaking a journey, bathing, etc.
30. Place the holy cross above houses, huts, haystacks, etc., and let builders place it on the highest pole of their work.
31. Make a cross over the yeast, and let the butcher make one with his knife over the animal he is about to kill.
32. Let reapers and other farmworkers sing the "Holy God" when beginning their work, and the "Blessed" when concluding it.
33. Place a cross at the site where someone died a violent death.

34. Pray an "Our Father" when one sees one of these crosses, and leave a small stone at their base in testimony of having performed this work of mercy.
35. Have in homes a candle or lantern to accompany the Holy Viaticum.
36. Call those selling in the street "Brother"; and "Uncle" if they are older than us.
37. Let godparents address each other formally with "You," even if before becoming godparents they used the familiar form.
38. Call bread the grace of God, and kiss it when it is picked up from the floor.
39. Do not go out into the street on Sunday if for any reason one has not been able to attend Holy Mass.
40. Offer the firstfruits to the Lord, and place in the holy water fonts of the parish the finest ears of grain, the most beautiful bunches of grapes or branches of olives, etc.
41. Mark time by religious feast days, saying from Christmas to Saint John, by the Saints, by Saint Michael, etc.
42. Use proverbs with Christian formulas or expressions, such as "quieter than in Mass," "Christmas fell in August," etc.
43. Call a Jew one who spits in another's face, and a heretic one who performs acts that reveal hardness of heart.
44. Baptize children within the first twenty-four hours, and do not kiss them until they are baptized.
45. Visit the house for nine consecutive days where a friend has died, and not to socialize, but to pray.
46. Bring lights to the doors, windows, or balconies when the Holy Viaticum passes at night, and pray an Our Father for the sick person.
47. Greet priests by uncovering oneself, even if they are not friends or acquaintances, and if one speaks to them, kiss their hand.
48. Also kiss the hand of parents, whether upon retiring at night and rising in the morning, or after eating, or when returning from school, etc.
49. Ring the agony bell in the parish, not when someone has already died but when they are dying, so that the people pray to God for them.
50. Take part with devotion in pilgrimages, confraternities, processions, etc., and sometimes serve Holy Mass.
51. Consider it an honor to take charge of some altar or image in the parish to care for its vestments, ornament, and cleanliness, etc.
52. Kneel at Holy Mass from the beginning until the Gospel, and from the Sanctus until Communion.
53. Bless new houses or newly rented ones, the marriage bed, field crops, etc.
54. On the feast of Saint Anthony the Abbot, bless bread and distribute it even to poor animals.

55. In olive oil mills, bakeries, water wheels, etc., when the animal that pulls is about to start, say: "God go before us," and to stop it, "Hail Mary."
56. Let women go to Church in black or dark clothing, with the head well covered.
57. Let families pray the Holy Trisagion on Sundays, and attend the Way of the Cross on Fridays.
58. Say the Blessed when dressing in the mornings, especially when putting on clean clothes.
59. Pray something in the morning upon rising and at night before bed, also making a brief examination of conscience.
60. On birthdays or the feast of the saint of one's name, invite a poor person to eat in representation of Jesus Christ.
61. On Sundays visit the sick in their homes or in the hospital, and the unfortunate imprisoned, bringing them, if possible, some alms.
62. Bow reverently the head when the Most Holy Sacrament of the altar is mentioned.
63. Pray privately, and sometimes in Church with arms opened in the form of a cross.
64. Take blessed palms on Palm Sunday, and place them on balconies, in testimony of faith and devotion.
65. Receive ashes on Ash Wednesday, with parents bringing their children and teachers their students.
66. On Christmas Eve do not charge for supper at inns. And on Christmas Day, dress some poor child.
67. Bring sick children to priests so they may recite some Holy Gospel over them.
68. Attend High Mass for schoolchildren under the direction of their teachers; and on Sundays of Lent go in procession through the streets, singing Christian Doctrine.
69. Cross the hands of corpses, placing a Crucifix between them.
70. Children and adults, examine themselves on Christian Doctrine before confessing to fulfill one's obligation to the Church.
71. Let doctors make the sign of the Holy Cross before beginning a risky operation.
72. Let miners make the sign of the cross when descending into mine shafts.
73. Kiss the ground, and crawl on one's knees in the interior of churches.
74. Beat one's breast when saying the confession and the act of contrition, as well as when adoring the Most Holy Sacrament.
75. Place on the facades of houses the beautiful inscription: "Hail Mary Most Pure."

76. When hunters of hares catch the first one, pray together an Our Father and Hail Mary for the blessed Souls.
77. Spread sedges, fragrant herbs, and flowers in the streets through which a procession is to pass.
78. Do not bathe for pleasure until after the feast of Our Lady of Carmen.
79. Let the entire family gather at the home of the eldest member on the night of All Saints and on Christmas night.
80. Let the mistress of the house bless the well when it is begun, asking God that water be found soon, and that no misfortunes occur.
81. Publicly and with many gathered, perform the Way of the Cross on Fridays of Lent from the edge of towns to the place called Calvary.
82. Let ladies wear a cross of gold, silver or steel around their neck.
83. Attend church with pious books, particularly a Missal or prayer book, to better pay attention to Holy Mass.
84. Take the Holy Papal Indulgence for permanent servants of households, and endeavor that they have Catechisms and pious objects.
85. Bring cattle to town on the feast of Saint Anthony the Abbot so the Pastor may bless them.
86. Let beekeepers say "Hail Mary" when they arrive at the place where the hives they are about to strip are located, and make the sign of the cross when beginning.
87. Place on the facades of houses some image of the Lord, the Most Holy Virgin, or a Saint, and light a lamp for it at night.
88. Let the miller say "Hail Mary" when he takes the first batch of ground olives to the master who prepares the load; and "go with God" when taking the last; the master responding "go with God."
89. When the oil mill work of the day is concluded, the master says the Blessed and all pray it with him.
90. Say "Jesus" before bringing the first spoonful of food to one's mouth.
91. Let those who sell make the sign of the cross with the first coins they receive, and the poor with the first alms of the day.
92. Profess special devotion to the saints who had the same occupations as we do, such as shoemakers to Saint Crispin, silversmiths to Saint Eloy, blacksmiths to Saint Baldomero, vintners to Saint Gines, etc., etc.
93. Let cooks pray three Creeds while eggs are cooking in boiling water.
94. Say the Blessed when lighting the first light at night.
95. Upon opening doors, windows, or balconies for the first time in the morning, say: "Blessed be the light of day and the Lord who sends it to us."
96. When the Angelus bell rings, let children go to their parents' side to pray it with them.
97. Let seamstresses pray an Our Father to the blessed Souls when they finish a garment.

98. When the priest who says Holy Mass consumes, let the faithful pray an Our Father for the deceased priests.
99. When knocking on a door and asked "Who is it?": do not respond "Open," but rather "Peace," which is more Christian and Spanish.
100. Commend oneself to those saints who have suffered or healed the pains and illnesses that we suffer.
101. Let the night watchmen sing "Hail Mary Most Pure" before announcing the hour during the night.
102. Place small objects that are found, such as handkerchiefs, etc., in the holy water font of the parish.
103. Uncover or make the sign of the cross when passing in front of a Church door, public images, crosses, etc.
104. Let families pray the Holy Trisagion when there is a storm and light a candle of darkness.
105. Fast on Saturdays or perform some other work of piety in honor of the Most Holy Virgin.
106. Make the sign of the cross on young bulls with a frontlet the first time one is placed to tame them.
107. Do not begin farmwork in the mornings until the overseer says "Let us go in the grace of God," nor conclude until he also says aloud "Hail Mary."
108. Place some image of Saint Cajetan in pantries, wine cellars, and other places where provisions are kept.
109. Pray the responsory of Saint Anthony when searching for a lost object.
110. Offer something to the blessed Souls when we wish to wake at a determined hour and have no one to call us.
111. Ask Saint Joseph to protect us in the hour of death, Saint Raphael in journeys, Saint John of Nepomuk against evil tongues, etc.
112. Several days before Christmas make the Little Journey in family, and sing carols before the Nativity scene.
113. On the last day of the year, let families and friends gather to draw lots for the saints who are to be our patrons in the coming year.
114. Ring thirty-three bell strokes in parishes on Fridays at three in the afternoon to remind the faithful of the agony of the Lord.
115. Call the Confraternity member of the Most Holy Sacrament a brother of God.
116. Uncover and pray a Creed when the parish bell announces that they are elevating God in High Mass.
117. Hang at the head of the bed the candle of the Rosary, which they will place in our hand during our agony.
118. Let fishermen say when taking the oars to begin their work: "Jesus and in we go."

119. Let boatmen, when making their first trip in the morning, say "let us go with God."
120. When those who are pregnant are about to give birth, light a blessed candle to Saint Ramón.
121. Go to bed and rise early.
122. Dress in festive attire, but with Christian modesty, on Holy Thursday, and in mourning on Good Friday.
123. Visit the Tabernacles on Holy Thursday, parents with children, leaders with their subordinates, and give abundant alms through the hands of small children.
124. Let farmers and wine growers be honored to be able to offer the firstfruits of their crops to the Parish for the Holy Sacrifice.
125. Endeavor that the first things children learn are Christian things, such as pointing to Heaven when asked "Where is God?", etc.
126. Ladies should offer gentlemen the side of the street out of respect, and stand when receiving a priest's visit.
127. Make, with proper permission, a vow to wear some habit, such as that of Our Lady of Carmen, of Our Lady of Sorrows, etc.
128. Greet the highest authorities by uncovering oneself because they represent God.
129. At Christmas and the feast days of the respective saints, make some gift to the parish priest, confessor, doctor, and teacher out of respect and gratitude.
130. Say in prosperous occurrences "Thanks be to God," etc.
131. In adverse ones "May it be God's will" or "Let it be for the love of God," etc.
132. In exclamations "Blessed be God," etc.
133. In vehement pleas "For the love of God" or "By the nails of Christ," etc.
134. In wishes, instead of saying "I wish," say "May God will that this or that happens."
135. When, having done our due diligence, what we sought does not result, say "God did not will it."
136. Say to the poor to console them: "Begging is not shameful, for we also beg God."
137. To console those who suffer, say to them: "Be strong, God suffered more for us."
138. Let the poor ask for alms from priests, saying to them: "Father of souls, a blessed alms for the love of God."
139. When we know that someone has done us harm, say sincerely: "May God not hold it against them."
140. If someone allows themselves jokes with matters of religion, worship, etc., say: "One does not joke with God's things."

141. When recounting a tragic or sudden death, say: "The poor person died without saying Jesus."
142. When recounting the death of a friend or acquaintance, exclaim: "May God have forgiven them" or "May God keep them in His glory."
143. In sufferings, say when complaining: "Oh, my God!" or "Oh, Most Holy Virgin!", etc.
144. Ring the prayer of the Angelus in barracks, and during this act let the officers and soldiers be in a saluting position.
145. When calling the daily roll on warships, and when the last sailor responds "present," add "Long live the Virgin."
146. When a family moves to a new house, take first to the new home an image of Saint Raphael, or of another saint of special devotion.
147. When transferring wine in wine cellars from the barrel to the skins, say when taking out the first jar: "The first to God."
148. Do not smoke from the time the bells cease on Holy Thursday until they ring to Gloria.
149. Dedicate to God the last moments of the year and begin the new one by praying the Creed.
150. Have in homes a light burning before some image of special devotion.
151. Offer for the altars the first and most beautiful flowers from gardens and flower pots.
152. When knocking at the turn of some convent and hearing them say "Deo gratias," respond "Thanks be to God."
153. Adorn crosses on May 3, not only those in homes but those in squares and streets.
154. Make a will with time and in a very Christian manner, leaving pious bequests, alms, and Masses, according to one's means.
155. Make also a spiritual will, according to the formula of Saint Charles Borromeo.
156. Give Christmas bonuses with Christian spirit at Christmas.
157. Affluent persons should throw money at the baptisms of their children, in gratitude that they are now Christians.
158. Go to Church before undertaking a journey and when returning.
159. Pray something from the point where one last sees the town when leaving on a journey and when returning.
160. When children return from school or academy, kiss their parents' and elders' hands.
161. When hearing of some fault, say: "May God free us from evil thoughts" or "May God keep us in His hand."
162. When arriving where there are several persons, greet generally by saying: "God keep you" and respond "Come with God."

163. Commend oneself to the prayers of priests and persons of recognized piety.
164. In olive picking, let the work leader say when leaving with the women in the morning: "Let us go in the grace of God."
164. When something is demanded of us without reason, respond: "God does not ask us for so much."
166. To advise trust in Divine Providence, say: "Let us do our part, and afterward let it be as God wills."
167. When families have setbacks or illnesses, have Holy Mass celebrated.
168. In towns that have many residents scattered through the countryside, allow the Pastor's horse, used to carry the Holy Viaticum to the sick, to pasture freely.
169. When pruning a vineyard begins, let the foreman pray an Our Father to Saint Joseph, and upon finishing, another to the blessed Souls.
170. Let the baker make the sign of the Holy Cross over the flour when beginning to knead.
171. When a ship passes in front of the Sanctuary of Regla at Chipiona, let the sailors kneel and pray a Hail Mary to the Most Holy Virgin.
172. In salt marshes, when loading a ship with salt, count the first shovel saying: "The first to God."
173. Ships entering the port of Seville saluted with the flag the Virgin of Carmen venerated at Remedios.
174. When sighing, generally say: "Oh my God!" or "Oh my Jesus!"
175. When finding the Holy Cross in the field, touch it and kiss your hand afterward.
176. In Prison, let the prisoners sing together in the yard on Saturday afternoons a Hail Mary to the Most Holy Virgin. And when a storm threatens, the Holy God.
177. Say "Jesus" before drinking something between meals, whether for pleasure or as medicine.
178. Not need a Property Registry, as one's word as Christians is sufficient guarantee of having bought or sold.
179. Let the sign of the Holy Cross suffice as proof of having fulfilled an obligation. For example, to cross out in the tax office the one who had already paid.
180. When great storms are felt in sea ports, let mothers, wives, and children of poor fishermen go to school, and bring the children to the Virgin's hermitage, singing the Litanies of Our Lady.
181. From the time the bells cease on Holy Thursday until they ring to Gloria, do not let authorities permit carriages to transit through the streets, recreational instruments to be played, vendors to shout, etc.

182. On Good Friday, with the King on his knees to adore the Holy Cross, let the Minister of Grace and Justice present him two or three cases of condemned prisoners so that he may pardon them.
183. Let notaries sign public documents by making the sign of the Holy Cross in testimony and as the supreme reason that what they certify is true.
184. Let the wheat sower bless the earth before beginning his important work.
185. Do not let affluent families break in a carriage until it has served to carry the Holy Viaticum to some sick person.
186. Upon seeing a corpse, uncover and pray an Our Father as suffrages for its soul.
187. When a child is asked what his name is, say his name, adding: "To serve God and you."
188. If unfortunately one hears a blasphemy, say: "Praised be God, Jesus Christ, or the Most Holy Virgin," according to what the offense has been.
189. Do not give the names of Saints to poor animals.
190. Do not let parents allow their children to address them informally.
191. Ask on one's knees for the blessing from new priests and kiss the palms of their hands.
192. During the holy season of Lent let masters give servants a day off so they may go to fulfill their obligations to the Church, paying them their wages.
193. Let young people of the town go hunting on the second day of Christmas, and whatever they catch, raffle or sell it for the Souls.
194. Let sons-in-law and daughters-in-law call their in-laws father and mother in consideration and respect for the Sacrament of Matrimony.
195. Do not have women adorn their heads with flowers during the holy season of Lent.
196. To express sympathy for a death, say: "May God give you health to pray for their soul" or "Health to entrust them to God."
197. Endeavor that servants sanctify holy days, paying them their wages.
198. In schools and academies let the teacher pray the Holy Rosary with the children on Saturday afternoons.
199. When returning from the parish after baptizing a child, let the godmother hand the child to the mother, saying: "You gave it to me a Moor and I return it to you Christian," and the mother responds: "May it be a good one, and may God reward you."
200. When in the farmstead the farmhand has finished making the migas, call the farm workers aloud saying: "Praised be the Most Holy Sacrament."
201. When beginning vintage work in wine presses, let the foreman say: "In the name be of God."

202. From the first oil drawn in mills, offer some for the lamp of the Most Holy Sacrament.
203. From the first wheat of the year make a bread larger than ordinary ones and distribute it among the poor.
204. In oil cellars make a cross over the jars embedded in the ground.
205. Bless the tuna trap before beginning fishing.
206. Let shepherds make the sign of the cross over milk when they mix the rennet to make cheese.
207. When in homes there is a body laid out but not visible to the public, raise the baseboard of the balcony so that passersby may commend them to God.
208. Upon being freed from an evil, say: "By the mercy of God such a thing has not happened to me."
209. Begin confession saying: "Father and Judge of my conscience," and conclude with these words: "Father, it seems to me that by divine mercy I have nothing more to accuse myself of."
210. Auction among the young people of the town the honorable right to carry images in processions.
211. Carry on the main mast or in another principal place of ships the image of the Virgin of Carmen or the Patron Saint of the town from which they come.
212. When fishermen leave the boat, let all say: "Long live the Virgin of Carmen."
213. When casting the net let fishermen say: "In the name of the Father and of the Son and of the Holy Spirit."
214. When children return home having made their first confession, let them kneel with hands joined before their parents and ask their forgiveness. And let the parents give the family a day in the countryside or an outing.
215. When fishermen return after a strong and dangerous storm, ask door to door for alms to have a Mass said to the Most Holy Virgin of Carmen.
216. Do not finish olive picking in the afternoon until the work leader says: "Hail Mary."
217. When there is danger of losing the crops, make crosses of blessed rosemary and distribute them through the fields.
218. Let fishermen who work the tuna traps leave port singing together and aloud the "Holy God."
219. Use for a watch chain a facsimile of those of Saint Peter in Chains, by which one gains indulgences.
220. In some regions of Spain, when kissing priests' hands, say: "Praised be the Most Holy Sacrament" and in others "Hail Mary Most Pure": the

priest responding to the former "May it be blessed and praised forever," and to the latter, "Conceived without sin."
221. On Christmas Eve let the boys from the farmsteads gather and visit the homes of their employers, singing carols and receiving gifts.
222. On Easter Sunday carry the Holy Cross processionally from house to house, and do not let families eat meat until this pious visit has passed.
223. When there are public calamities, let men go out at night in penitential processions.
224. In many towns, when passing near the Holy Cross, bend one knee to the ground and say: "We adore You Christ, and we bless You, because by Your Holy Cross You have redeemed the world."
225. In the procession of Good Friday, go behind the figure of the Lord some men, either barefoot or with a thick chain tied around the waist and dragging.
226. Use judiciously the intuitive method for teaching the people the history and mysteries of the Holy Religion, particularly in the processions of Holy Week.
227. Call the Alphabet "The Jesus" because it always had a Cross above the letters; and before pronouncing the A, one said "Jesus," pointing to the sign of our Redemption.
228. On Easter Sunday, let families gather at their parents' home, or the eldest brother's, and eat together the Paschal lamb.
229. On Corpus Christi or the Lord's feast, let mothers take sick children so that as the procession passes, the Priest may bless them with the Most Holy Sacrament.
230. In the Basque Provinces, all who can attend the Holy Rosary of the parish, and the children return to their homes singing the "Holy God."
231. Attend High Mass the entire year some member of the family in which someone has died.
232. Carry the Holy Cross processionally to the church bell tower on May 3, and keep it there with a light burning day and night until September 14, for the preservation of the fields.
233. Ask priests for their blessing frequently, particularly children when kissing their hand.
234. In the Church, when the Lord is not exposed and a priest passes, let men stand and women kneel.
235. Let children ask their parents' blessing when going to bed and when rising.
236. On the eve of Resurrection and Pentecost, let some from each family go to the parish for holy water, which they have just solemnly blessed.
237. On Saint John's day, go to Church with flowers and aromatic herbs so that the priests may bless them.

238. On All Souls' Day, light some candle or lamp in homes, and with the family gathered, pray all three parts of the Rosary.
239. At the ringing of the Angelus, let gentlemen stop their carriages on the walk to pray the prayers.
240. When traveling and passing through some town or seeing it from afar, greet the Most Holy Sacrament, or the Most Holy Virgin and pray for the dead.
241. In olive mills, when the beam stone is raised, pray an Our Father.
242. Stop for a moment the images that go out in procession in front of houses where there is someone seriously ill.
243. When a family is so poor that they cannot afford the burial of one who has died, place a tray at the street door so that people may throw in alms.
244. Let miners ask for alms to have a Mass said when they are about to begin a new seam.
245. On Christmas Eve give double rations to poor animals.
246. On All Saints' Day, let acolytes go through homes sprinkling holy water, especially where there are sick people.
247. In mines, when a new machine is about to be used, let the foreman bless it with the machinery operator present.
248. Let gardeners offer the first fruit to the Most Holy Virgin.
249. When an unfortunate delinquent goes to the gallows, let the other prisoners sing the Hail Mary, asking the Most Holy Virgin to give him a good death and gather his soul.
250. In affluent homes, present the family's food (servants) at the table of the masters and taste it to know that it is good and abundant.
251. Let barbers make the sign of the cross before shaving for the first time in the day.
252. Call it the "Butcher shop of the infirm." Call this the only one in which, with the doctor's note, meat is permitted to be dispensed on days of abstinence.
253. In threshing grounds make the sign of the Holy Cross over the pile of wheat before measuring it.
254. In olive picking, signal the meal time by the work leader saying aloud: "Christ," an invocation that the workers repeat. In some regions this holy word serves to end all occupation.
255. Upon returning from the burial of a small child, say to the parents: "May the Lord unite us with him in Heaven."